



MISSION

FOR THE LOVE OF
GOD WORLDWIDE



SUGGESTIONS FOR YOUR HOLY HOUR

Open your heart and ask the Holy Spirit through Mary to pray in you, to help you, to inspire you. From the **deep silence of your heart** speak with your Lord as you would with your best friend, confide to Him what you go through, because although God sees and knows everything, He likes to listen to you.

There are many books on adoration with meditations and various resources for your holy hour; however, it is worthy to remember the recommendation of Saint Peter Julian Eymard: *'Resorting to a pious book to lead us on the good path when the heart becomes heavy or when our senses are blunt is good; but our good Teacher prefers the poverty of our hearts than the most sublime thoughts and affections that belong to others.'* Is important to get used to silence and **to engage in a dialogue with the Lord**. Telling Him what ails us, but, above all, telling Him how much we love Him. He knows our misery; let us ask Him to increase our love, our faith, our hope, our adoration. Let us then be in silence. Of course, it is not easy to be in silence because we have too much internal noise. But, we learn to adore by adoring and

the inner silence at some point will be achieved. We need to let ourselves be loved and embraced by the Lord during every moment of adoration. That is to enter in intimacy with Him.

A beneficial recommendation is also reading a passage from the **Gospel**, being aware that the Lord of which the Gospel speaks about is in front of us. We must never separate the presence of the Lord in the Blessed Sacrament with the reading we do or with what we pray. May the person not be on one side with his prayer and the Lord on the other side.

Something of great benefit for the soul it is to **pray the Rosary in silence**. It is important to meditate each mystery; perhaps with the help of the corresponding passages of the Gospel, because it is contemplating the Lord who came to save us from the Heart of his Mother. Thus the soul unites to the Immaculate Heart of Mary who contemplates Her Son's countenance.

When we approach the Blessed Sacrament, we approach the risen Lord with his glorious



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wounds. The Prophet Isaiah says that by his wounds we are healed¹. Through adoration we obtain healing, above all spiritual healing. We are also before the Pierced Heart, eternally open to welcome in his mercy every deeply wounded man. That is why we can and even should **intercede** for all before the Blessed Sacrament, not only for the people who have requested it from us or for those that concern us.

Jesus has told many saints how much He suffers for the ingratitude and indifference of his people, even from his priests, to his Love in the Blessed Sacrament. Today He weeps as He wept in Jerusalem. How much does He want to gather each one of us in his Heart, as the hen gathers her chicks under her wings!² To blessed Alexandrina Maria Da Costa, he said: *"May devotion to the Tabernacles be well preached and spread, for days and days the souls do not visit me, do not love me, do not do reparation. They do not believe that I live there. I want to kindle in souls devotion to these prisons of Love. There are many who even when entering churches, do not even greet me and do not stop for a moment to adore me"*. With your holy hour you have then the opportunity to do **reparation** to His Heart for so many offenses He receives and to love Him and thank Him for all.

There are times when we feel very tired or disgruntled about things we have gone through; or we are particularly tried and are experience **aridity or difficulty to pray**. In

those cases you can either do nothing, simply letting the presence of God touch you or you can pray with the psalms that best relate to what you are going through. Don't you despair! Remember that God can do everything. He works in silence and if you allow Him, He will speak to your heart; you will notice it at the moment you least expect it. In the meantime, enjoy the Peace that only He can give you. You cannot be in the presence of the Blessed Sacrament without soaking up spiritually and growing in the same life and holiness of the Lord. That is why Scripture says: *"He will come to us like the rain, like spring rain that waters the earth"*.³

And this brings us to a very important aspect of adoration. It is not just about us talking, as a: 'Listen Lord, your servant is speaking'... but, rather, "speak Lord, your servant is listening"⁴. In the **silence of the heart** God inspires us and thus speaks to us.

Remember that the holy hour you spend with the Lord is not measured in minutes but in graces, blessings, protection, fruits, greater intimacy and knowledge of God. Do not forget at the end to give thanks to God with all of your heart... "Bless the Lord my soul and do not forget all his gifts."⁵

¹ Isa 53,5

² Cfr. The Power of the Eucharist by Msgr. Ramírez

³ Hos 6,3

⁴ 1Sam 3,9

⁵ Ps 103, 1-2